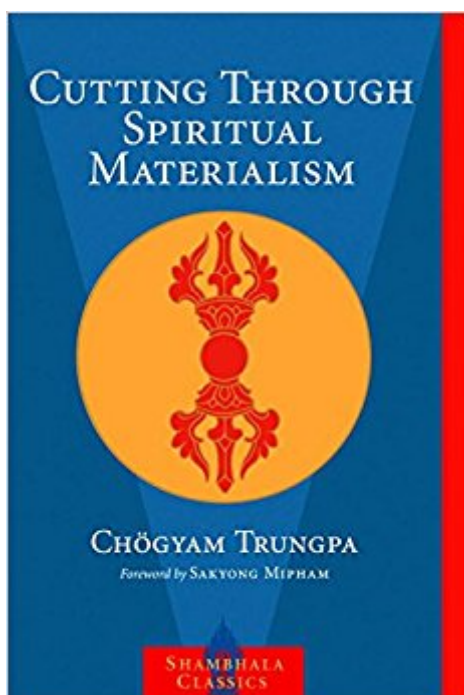


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# Cutting Through Spiritual Materialism (Shambhala Classics)



## Synopsis

In this modern spiritual classic, the Tibetan meditation master Chögyam Trungpa highlights the commonest pitfall to which every aspirant on the spiritual path falls prey: what he calls spiritual materialism. The universal tendency, he shows, is to see spirituality as a process of self-improvement—the impulse to develop and refine the ego when the ego is, by nature, essentially empty. "The problem is that ego can convert anything to its own use," he said, "even spirituality." His incisive, compassionate teachings serve to wake us up from this trick we all play on ourselves, and to offer us a far brighter reality: the true and joyous liberation that inevitably involves letting go of the self rather than working to improve it. It is a message that has resonated with students for nearly thirty years, and remains fresh as ever today. This new edition includes a foreword by Chögyam Trungpa's son and lineage holder, Sakyong Mipham.

## Book Information

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## Customer Reviews

"The usefulness of this book lies in Trungpa's uncanny ability to cut right to the heart of the matter and presents his understanding of Buddhism and the way of life it teaches in a manner that is applicable to his students' living situation." — Journal of the American Academy of Religion

Examines the self-deceptions, distortions, and sidetracks that imperil the spiritual journey as well as awareness and fearlessness of the true path.

Here is the classic work on what you should not do when you start down the path of Buddhist practice. Chogyam Trungpa is profound, funny and knows how to speak in the vernacular of American culture. At times it seems he is communicating with a very young audience but his general points are applicable to anyone on 'the Way'.

This book is best understood in reading it in a group setting or with the guidance of someone who has spent time along the Way. With this, or perhaps strong individual capacity it can be a quite helpful text that deserves many revisits to continue assimilation of the material, which attempts to describe the non-conceptual experience of liberation, a daunting task; more for the reader than the writer.

Trungpa is the Man! Despite his personal failings, Trungpa has written the definitive books on Buddhist philosophy in English. I find his work applicable for my Zen practice even though Trungpa is from a traditional Tibetan lineage. I have not read another writer in any tradition that can match his precision in conveying Buddhist teachings. This is not a beginners book. It is not a good introduction to Buddhism for the uninitiated, yet it is an essential book, like all other Trungpa books, to continue the advancement of your practice.

First read this book in 1973. My students are still studying this book as a group every Tuesday. Probably, one of the best introductions to the Mahayana and Vajrayana Buddhist path.

This is a timeless classic, always fresh and relevant. Penetrating and kind teachings.

I can say that if you are a western practitioner of religious practices, this book will shock you. It is like a temple being toppled over when you find that everything you had been doing has been in fact-related to self-love or self-worship; creating a temple within your mind, which you worship. I think, that if you follow the book and take what you learn from it and then put it down and maybe pick it up six months later if you forget it. Chogyam manages to cover all the hurdles that plague spiritual materialism, it will be like he is reading your mind at times with how precise he is.

His teachings have opened new ways of perceiving. I am reading this book for the second time. To me, they are hard teachings but clear and honest teachings.

Trungpa Rinpoche's teachings remain important and relevant. They speak to our humanity and help us to see ourselves as we are. They wake us up. They touch the heart. This is one of his better known books. A good way to dive into his teachings. I never met the man, but he is my teacher.

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